

If the child uses a bottle, it should be kept absolutely clean. It is best to have two or three bottles, so that one will always be perfectly clean and fresh.

The nipple should be of black or pure rubber, and not of white or vulcanized rubber. It should fit over the top of the bottle, no tubes should ever be used. It is impossible to keep them clean.

When the rubber becomes coated a little coarse salt will clean it.

Babies should be fed at regular times. They should also be put to sleep at regular hours. Regularity is one of the best safeguards to health.

Milk for babies and children should be from healthy cows. Milk from different cows varies, and it is always better for a child to have milk from the same cow. A farrow cow's milk is preferable, especially if the child is not very strong.

Many of the prepared foods advertized for children are of little benefit. A few may be good, but what is good for one child may not be for another. So it must be simply a matter of experiment if any of the advertised foods are used.

It is a physiological fact that an infant is always healthier and better to sleep alone. It gets better air and is not liable to suffocation.

A healthy child should never be fed in less than two hours from the last time they finished before, gradually lengthening the time as it grows older. At four months, three and a half or four hours; at five months a healthy child will be better if given nothing in the night except, perhaps, a little water.